



THE GEORGE HULL CENTRE  
*for Children and Families*

2010-2011 Annual Report

# H O P E & Healing

## From the Board Chair & Executive Director

International Youth Year wraps up in August after 12 months of reflection and celebration. The events began with a call to understand better the needs and concerns of youth and to recognize the contributions they can make to society.

While the UN programs spotlighted disadvantaged girls, indigenous people, HIV/AIDS, and the environment, we continue to shine our light on the thousands of young people who come through our doors with mental health concerns.

We know their potential is tremendous. With one in five children and youth suffering from mental health issues, we cannot afford to leave them behind.

In our youth programs alone this year, we have seen the results of nurturing that potential. Our Day Treatment students are supported and celebrated for each credit they earn, moving closer to graduation. 56 students produced an inspiring visual art show in the spring in celebration of Children's Mental Health Week, selling many of their creations. In a 23-day biking, canoeing and hiking trip, our Boys House residents proved they could face new challenges and complete them.

None of those successes happens without support — support from families, staff and funders and the generosity of our donors and sponsors. We thank you all and encourage you to continue the celebration.

**Jane Bray, M.S.W., R.S.W.**  
*Executive Director*

**Susan M. Armstrong, C.A., ICD.D.**  
*Board Chair*

*The George Hull Centre is one of Ontario's leading multidisciplinary, innovative children's mental health centres. The purpose of The George Hull Centre is to reduce suffering and to enhance the quality of life of children, youth and families. The George Hull Centre engages the community, its families and volunteers in a variety of partnerships to provide hope, solutions and positive outcomes.*

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## 1 in 5 kids in Ontario struggles with their mental health

- **Over a hundred Ontario children** and youth kill themselves every year, two or three every week.
- **40% of identified children and youth** are not getting the help they need.
- **Families wait months on waitlists** to get help, if they can find it.
- **For 17 of the past 20 years** funding for child and youth mental health services has not increased to match surging demand.
- **70-80 % of all mental illnesses** appear before the age of 18.
- **Young people with mental health disorders** are at greater risk for dropping out of school, ending up in jail and of not being fully functional members of society in adulthood.
- **The economic cost** attributable to untreated mental health disorders in Ontario is \$22 billion. (Auditor-General of Ontario, 2008)

### Children's mental health services make economic sense.

- **Early intervention and treatment** are critical to providing a hopeful and healthy future for children and youth struggling with their mental health.
- **The George Hull Centre is committed** to working with the strength of families and helping them rediscover their competence and resources.
- **The George Hull Centre for Children and Families is an accredited** children's mental health centre offering hope and healing to families with children from birth through to age eighteen.
- **The Centre's services are designed to have the flexibility** necessary for individual families to plan for themselves and their child.



## Community Clinic 2010-2011

The Community Clinic serves families with children from birth through age eighteen. Clinical services include assessment, family, individual and group treatment, psychological and psychiatric evaluation. 752 children and youth received clinical services and 562 children, youth and parents were served in groups and workshops.

### Groups

Parenting Challenging Children

Help! I Have Teens!

Angry Parents, Angry Children

Snack & Chat: Support Group  
for Women

Feeding with Love

Hearts and Minds

Turning Down the Heat

Cognitive Behaviour Therapy Group  
for Anxious Children

Fun Friends

### Workshops

Sole Parent Families

Teens and the Internet

Separation and Divorce:  
Helping Your Child Cope

ADHD: What It Is, What Is Isn't

Depression Proofing Your Child

*"We have been receiving support and services from The George Hull Centre for quite a while now. With the help of the very gifted people there, you are making a huge difference in our lives. Thanks for being there for us when we needed you."*

*— Parent*

*"What I liked best was the clinician was able to provide home visits as well as get me connected to other services for my child. Also my worker was able to communicate in a familiar language."*

*— Parent*



## Residential Services 2010-2011

**Libby's Place and the Boys House** are specialized residential treatment programs for adolescents between the ages of thirteen and eighteen. These programs, staffed by experienced professionals in child and youth work, family therapy and psychiatry, serve adolescents who are experiencing complex and longstanding difficulties. 22 adolescents were served.

*"In the past, as a child, I was known as an 'out of control' girl. I admit I was out of control. Being at Libby's Place and looking back I can now find it humorous. I have learned that anger is made up of different emotions. Examining my feelings and behaviors, I have learned that my anger mostly comes from sadness or anxiety. Staff have assured me that they are open to talk and most importantly, listen to me. This is what I have needed all my life." — Libby's Place Client*

**From a father:** My son's criminal precociousness had been emerging since he was 10. He moved with a fast crowd that was several years his senior. He committed crimes with little remorse; he used drugs and became detached from the family emotionally before he became a teenager. It seemed hopeless. He seemed unreachable.

At 13, he entered the Boys House, transferring from another treatment program. From the first meeting, it was clear that the staff were skilled, open and committed. Therapy became a central part of my week. Over the course of the next six months, my son became more reflective, less angry. With patience, our sessions gradually became times of listening, healing and acknowledging. When I look back on it, I changed as much as he did.

As the year wound down, my son wanted to come home. Staff advised that it was time for an experiment, a return to family living. I was fearful.

The meeting where it was decided still brings tears. My son begging to come home, promising to "behave." In contrast, a year earlier he wanted to move out and live with his criminal friends. Staff urged me to give it a try — to take a chance. A bed at the house would be held if it did not work out, a safety net. I valued the honest and heartfelt opinions from the clinicians and the youth workers. He and I had made progress, but perhaps not enough.

My son has been living at home for more than 8 months now. He attends school. He is an important member of the household. He is loved. It has not been perfect. But it has been wonderful. I don't live in fear for what might happen next. We have a very special bond. I see how far he has come. We spend more time laughing than we do being angry. I feel he has a future. We speak a similar language, which we both learned while in the care of the George Hull Centre.



## Day Treatment Services 2010-2011

**Clear Directions** provides treatment to adolescents, age thirteen to eighteen, who struggle with serious substance abuse and mental health issues. A multidisciplinary team integrates harm reduction, systemic and psycho-educational approaches and offers a continuum of services including assessment, family, individual and group therapy, an academic program, residential support, outreach and follow-up. 14 adolescents were served.

*“I am writing to say thank you. As I piece together the puzzle of my past, I realize the impact of the people in my life. And with that comes an overwhelming thankfulness to the people who helped me get where I am today, which is a beautiful place!....Your words encouraged me. You asked me if I thought that one day I could see my scars as battle scars and badges of courage. It was not long after that I bought my first t-shirt. My closet has many of them now and I no longer wear long sleeves out of shame but because I am cold...I am doing amazing now!”*

*— Former Clear Directions Client*



**The School Program** provides a therapeutic educational program for the residents of The Boys House, Libby’s Place and youth from the community who are unable to manage in their local schools. The purpose of the program is academic achievement and the development of cognitive, social and linguistic skills that are necessary for successful adjustment at home, school and in the community. 42 adolescents were served.

*“What I like best is completing credits. It was at my level.”*

*— School Program Student*

*“I have been through a lot of terrible things in my life, which I realize now have made me stronger. I would like to thank all of the people at the school and Libby’s Place for helping me, and making me feel like I could go farther.” — School Program Student*



## The Boys House: A Bent Nail



For 23 days last summer, “the boys” travelled by bicycle, canoe and on foot the 596 kilometres from Etobicoke, Ontario to Gatineau, Quebec. Pretty impressive for any group of teens. Phenomenal for a group of teens with troubles ranging from schizophrenia to anxiety to attachment disorder. Many of them, while well in need of a vacation, didn’t want to go. Too much baggage.

With their supplies on their backs, they cycled to Kingston, the usual comforts of soft beds, flush toilets and food on the table gone. To reach the goal, guys who trust no one had to work with a team, angry young men had no choice but to be patient, and kids who’d never completed anything, had to believe they could make it to the end.

Part way through the first leg, a loose bike rack threatened to derail the trip. In a MacGyver moment, the group scoured the roadside and found an old nail. A nail is not a screw. But bent, it did the trick.

Problems can be solved.

There were many more “bent nails” on the trip.

Another house member caught up with the group in Kingston and wanted to join in for the canoeing portion of the tour. It wasn’t his obsessive compulsive disorder that had kept him away, although needing

everything clean and orderly might not seem like a good fit with rainy weather camping. It was the blood tests he needed as follow-up from a recent kidney transplant. I might choose to stay home in that situation. But he wanted to go and the George Hull Centre made it happen.

Staff arranged a shuttle back to Toronto for one blood test and a clinic visit in Ottawa for the other. They managed to get a new set of glasses made up at the same time. Don’t ask.

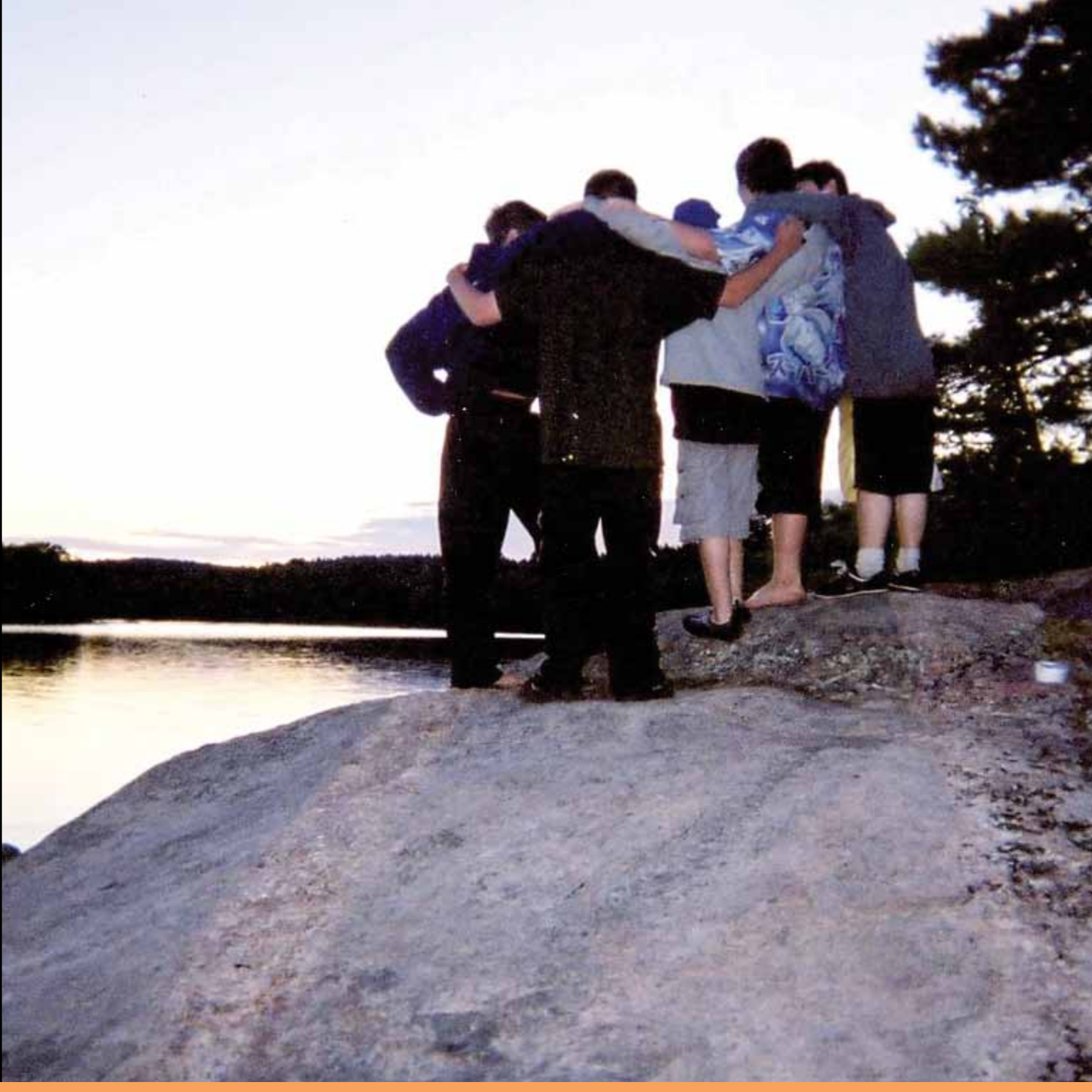
When clothing went overboard, they shared. When the day’s assigned cook wasn’t up to cooking, they ate sandwiches.

These are kids very skilled at avoiding challenges and the disappointments they can bring. There was no disappointment here. The outstanding George Hull staff made sure of that. They finished the trip with white water rafting, a lot to brag about and a verdict of “awesome”.

The trip was planned on a shoestring budget without frills (even for camping) because funding for children’s mental health continues to be inadequate. Let’s bend another nail and solve that problem.







*“The Centre’s Prevention and Early Intervention Service has demonstrated leadership in bringing the community together on behalf of our most fragile young children. Their ability to deliver services in concert with an ever growing list of community partners has been the keystone of several successful programs.”*  
— Community Partner

*“This program did me a lot of justice. It helped my son get used to being around other people and make friends for himself. To this day, I always say that it was what prepared him for daycare....not only did I make more friends, this is what got me completely on my feet.”*  
— Parent

**Toronto Preschool Speech and Language Services** provides community-based speech and language services to children and their families. The range of services includes assessment, group and individual treatment, consultation and support to parents and staff in child care centres, and training for parents and professionals. 520 children were served.

**Special Needs Resourcing** provides consultation and support to licensed child care centres to support the inclusion of children with complex needs. 38 children were served and 52 parents and professionals participated in the 5 workshops offered.

**Specialized Children’s Groups** provide extra support to children under the age of six to enable them to develop and practice the necessary skills they require to interact positively with their environment. 139 children were served.

**The Ontario Early Years Centre** offers early learning and literacy activities, outreach services and parent training to children from birth to age six and their families. 1,071 children and 1,140 parents and caregivers attended OEYC programs.

**The Etobicoke Brighter Futures Coalition** is a collaborative group of over 30 community agencies that work together to plan, develop and deliver services and programs that will improve the health and well-being of young children within the context of their families and their communities.

**The Family Group Conferencing Project of Toronto** is a collaborative partnership between children’s mental health and child welfare. Families involved with child welfare and their extended family participate together in developing a plan that addresses risks identified by service providers and meets the child’s needs for safety and wellbeing. 123 children were served.

**The Family Group Conferencing Ontario Provincial Resource** maintains a provincial roster of qualified coordinators, trainers and mentors, and provides training and consultation across the province, assuring model fidelity.

### Highfield Community Enrichment Project celebrates 20 years!

The Highfield Community Enrichment Project, one of eight Better Beginnings, Better Futures primary prevention programs in Ontario, is located in a junior school in Rexdale. The key program components are school-based programs, family support and community development. 2,091 children and 1,890 families were served in 2010-11. Each school year, the nutrition program provides 16,600 breakfasts, 192,400 morning snacks and 11,000 lunches to the Highfield students. The Project, funded by the Ministry of Community and Social Services, is celebrating its 20th anniversary.

The ongoing 25-year longitudinal research study, conducted by Queen's University and Wilfrid Laurier University with funding from Public Safety Canada, clearly demonstrates that the positive short term results reported when the children were in Grades 2 and 3 were sustained when measured at Grades 6, 9 and 12.

**Children** showed a decrease in problem behaviours such as anxiety, depression, inattention and opposition, and an increase in positive behaviours such as self-control and cooperativeness; improved academic performance, using fewer special education services and repeating fewer grades; improved nutrition, health and well-being.

**Parents** showed improved parenting practices; less stress, tension, and depression; more social support and marital satisfaction; better health and well-being; a better relationship with the school.

The **community** actually became a safer, more satisfying place in which to live, with fewer interventions by child welfare and police compared to a neighbourhood with similar demographics.

**The latest benefit-cost analysis, based on the Grade 12 results, indicates a \$2.50 return on every \$1 invested by the government in the Highfield Community Enrichment Project**, with the largest savings coming from reduced special education, social assistance and disability support costs.



## Training Future Professionals

Through the Centre's formal affiliation agreement with the University of Toronto, The George Hull Centre provides learning opportunities to residents in psychiatry and students in medicine, clinical social work, social work research, and speech and language pathology.

The Centre also provides student placement opportunities to students from community colleges and other universities in the disciplines of child and youth work, early childhood education, and nursing.

57 students completed placements at the Centre in 2010-2011.

## Evaluation and Research

The Research and Program Evaluation Department supports the Centre in maintaining a reputation for excellence in children's mental health through program evaluation, quality assurance activities, provision of training, consultation in the community, ongoing empirical research and collaboration with other researchers. All programs prepare an annual program evaluation plan, the results of which are used to inform the development and delivery of effective services.

**Short-Term Intervention Program:** With evaluation funding from the Provincial Centre of Excellence for Child and Youth Mental Health, the Short-Term Intervention Program has been proven effective with outpatient clients in the Community Clinic.

**Day Treatment Exercise Program:** Research has demonstrated that a period of cardio-vascular exercise prior to classroom work improves concentration and academic performance, and possibly reduces risk-taking behaviour. With financial support from the Ministry of Children and Youth Services, stationery bicycles and treadmills have been installed in the Centre's school programs to foster further academic achievement and increased self-esteem.

*"I could not have imagined a better field instructor. My instructor had the perfect qualities of a teacher, role model, coach and reflecting team. I feel so blessed and grateful for this experience."*

—Student

*"I was struck by the incredibly strong team atmosphere at The George Hull Centre. The staff are clearly committed to helping children and families. It was exciting and encouraging for me to see so many people working in collaboration to help one child or one family. This team atmosphere was not restricted only to the Community Clinic, but also included staff from the School and Residential Programs."*

—Student

### **Family Group Conferencing with Youth Transitioning into Adulthood**

*Study conducted by The George Hull Centre and the Family Group Conferencing Ontario Provincial Resource, funded by the Child Welfare Secretariat, Ministry of Children and Youth Services*

Youth who have been in care for extended periods of time often have very disrupted family ties and lack contact and support from both nuclear and extended family members, and the community. This study aims to determine the impact of family group conferencing on youth, to explore how it can be used to assist youth and how best to train coordinators to deal with the unique needs of this population.

### **Personalized Services for the Mental Health of Young People in Ontario**

*Study conducted through Ryerson University, funded by the Ministry of Children & Youth Services*

This change-oriented project is designed to help organizations understand and implement the Ministry of Children & Youth Services' strategic goal that 'every child and youth receives personalized services'. The project will also develop quality assurance tools to measure how well organizations incorporate this principle.

### **Enhancing Education Performance for Children and Youth Living in Residential Group Care in Ontario: A Focus on Achieving Outcomes**

*Study conducted through Ryerson University, funded by the Ministry of Children & Youth Services*

In response to the Ministry of Children and Youth Services' strategic priority that 'every child and youth graduates from secondary school', this study aims to develop a tool box to measure short term outcomes in the educational performance of youth and to understand how best to support children and youth in residential group care to achieve their educational goals.

### **Effectiveness of Motor Speech Intervention for Children with Speech Disorders**

*Study conducted through the University of Toronto and The Speech & Stuttering Institute, funded by the Ministry of Children and Youth Services*

This large scale, multi-centre study is aimed at (a) estimating the magnitude of treatment effects, (b) treatment efficacy and (c) identifying the key factors that contribute to treatment effectiveness of motor speech intervention. 52 clinicians from across Ontario, including 2 from The George Hull Centre, are participating in this project.



Thank you to all our sponsors and participants who supported fundraising events this year!



**The 8<sup>th</sup> Annual George Hull Centre Charity Golf Tournament** was held at Copper Creek Golf Club in August 2010. It was a wonderful day of challenging play including a Beat the Pro competition, a great silent auction, and lots of fun, all in support of children's mental health services. Thank you to our sponsor, MDM Business Solutions Inc., cart sponsor PCL Constructors Ltd., and all the hole sponsors, golfers, volunteers and donors who made the day such a success.



**The 8<sup>th</sup> Annual George Hull Centre Foundation Poker Tournament for Children's Mental Health**, hosted and sponsored by RBC Capital Markets, was held in March 2011. The 'just for fun' tournament raises money for the Centre and gives the winner bragging rights and the RBC Blue Chip Championship trophy. Thank you to RBC, and additional sponsors The Dominion of Canada General Insurance Company and Fasken Martineau DuMoulin LLP, as well as all the participants. You made a difference in the lives of vulnerable children and families.



**Laugh Out Loud** was held in May 2011 at The St. Lawrence Market. It was an amazing, carnival-themed evening of laughter and fun under the big top, featuring comedians Mike Bullard and Nile Seguin. A special thank you to our Presenting Sponsor - BMO Financial; Gold Sponsor – The Dominion of Canada General Insurance Company; Comedy Hall Sponsor – KPMG; LOL Sponsors - Willis Canada and Torys LLP; and Friends Sponsors – CIBC, Deloitte Touche LLP, Eckler Ltd., HKMB HUB International and TD Securities.



for generously donating two vehicles to our residential programs.

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for supplying tickets to many cultural & sporting events that our clients would otherwise have been unable to attend.

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Susan Kushneryk  
Josee Lambert  
David Latter  
Angie Laurusaitis  
Lavinia Law  
James LeNoury



## Thank You...



for providing our residential programs with a year of delicious and nutritious meals.



for giving four children and one staff a trip that they will never forget.



for funding tutoring and psychoeducational assessments in the residential program.

Susan Lilley  
Manoojkumar Lilmohan  
Ingrid Little  
Diane Locke  
Louise Lore  
Shanin Lott  
Arlene MacBride  
Ann MacDonald  
Vlastimila Macko  
Fatemeh Mansouri  
Janet Marechaux  
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Jurij Zurba

The George Hull Centre appreciates the support and funding from the Ontario Ministry of Children and Youth Services.

<b>12 Month Period Ending March 31, 2010</b>			
<i>Revenue</i>	<i>\$000's</i>	<i>Expenditures</i>	<i>\$000's</i>
Provincial Government Subsidy	6,560	Salaries and Benefits	5,891
Other Funding	705	Building Occupancy	611
Expense Recoveries	18	Professional Services	361
Donations	292	Program and Client Expenses	362
		Office and Administration	254
		Travel and Vehicle	78
		Training and Recruitment	18
<b>Total Revenue</b>	<b>\$7,575</b>	<b>Total Expenditures</b>	<b>\$7,575</b>

<b>Funds Received &amp; Managed on behalf of:</b>			
<i>Etobicoke Brighter Futures Coalition</i>	<i>\$000's</i>	<i>Toronto Preschool Speech and Language Services</i>	<i>\$000's</i>
Public Health Agency of Canada	232	City of Toronto (Provincial funding)	1,249
United Way Success by Six	118	Other	30
Other	12		

Audited financial statements are available upon request.

## Community Partnerships

### **Etobicoke Brighter Futures Coalition**

Braeburn Neighbourhood Place  
and Boys and Girls Club  
Children's Aid Society of Toronto  
Community Living Toronto  
Etobicoke Children's Centre  
First Stage Child Care Centre  
Humber College  
Humewood House Association  
Lakeshore Community Childcare Centre  
LAMP  
Macaulay Child Development Centre  
Ministry of Children and Youth Services  
Microskills Community Development Centre  
Next Door Family Resources  
Parent Child Mother Goose Program  
Rexdale Community Health Centre  
Rexdale Home Child Care Centre  
Rexdale Women's Centre  
Room to Grow Child Centre  
Silver Creek Nursery School  
Stonegate Community Health Centre  
Surrey Place Centre  
Terry Tan Child Centre  
Toronto Children's Services  
Toronto District School Board  
Toronto Employment and Social Services  
Toronto Public Health  
Toronto Public Library  
Women's Habitat  
YMCA Child Care at LAMP

### **Ontario Early Years Centre**

Etobicoke Pre and Post Natal  
Nutrition Program  
Macaulay Child Development Centre  
Mothercraft  
Room to Grow Child Centre  
Terry Tan Child Centre  
Toronto Community Housing  
Toronto Public Health  
Toronto Public Library  
Village of Humber Heights, Oakwood  
Retirement Communities Inc.

### **School Program**

Toronto Catholic District School Board  
Toronto District School Board  
Rathburn Area Youth Services, LAMP  
West End Sexual Abuse Treatment Program

### **Clear Directions**

Breakaway  
Toronto District School Board

### **Family Group Conferencing Project**

Catholic Children's Aid Society of Toronto  
Children's Aid Society of Toronto  
Etobicoke Children's Centre  
Jewish Family & Child Service of Toronto  
Native Child & Family Services of Toronto

### **Preschool Speech & Language Services**

Community Living Toronto Etobicoke / York  
Etobicoke Children's Centre  
LAMP Community Health Centre  
Macaulay Child Development Centre  
Rexdale Community Health Centre  
Silver Creek Preschool  
Toronto Public Health  
Yorktown Child and Family Centre

### **Highfield Community Enrichment Project**

Albion Neighbourhood Services  
Braeburn Neighbourhood Place  
First Stage Child Care Centre  
Highfield Junior School  
Highfield Junior School  
Parent Advisory Council  
Kingsway Humber Kiwanis Club  
Microskills Community Development Centre  
Parent Child Mother Goose Program  
Settlement and Education Partnership  
in Toronto  
Rexdale Community Legal Clinic  
Rexdale Home Child Care Centre  
Rexdale Women's Centre  
Toronto Partners for Student Nutrition  
Toronto Public Health

### **Community Clinic**

Catholic Children's Aid Society of Toronto  
Children's Aid Society of Toronto  
Etobicoke Children's Centre  
Family Association for Mental Health  
Everywhere (FAME) — Etobicoke  
Rathburn Area Youth Services, LAMP  
Rexdale Community Health Centre  
Stonegate Community Health Centre  
Toronto Catholic District School Board  
Toronto District School Board  
Toronto Public Health  
West End Sexual Abuse Treatment Program  
Yorktown Child & Family Centre

I love this  
place

CK

— Girl, age 5

## **The George Hull Centre for Children and Families**

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Website: [www.georgehullcentre.on.ca](http://www.georgehullcentre.on.ca)

The George Hull Centre

Registered Charity No. 10808 2918 RR0001

The George Hull Centre Foundation

Registered Charity No. 88864 7740 RR0001

*Accredited by Children's Mental Health Ontario*

